

Exposed to lead? Your diet can help.

Did you know that a healthy diet and safe food preparation can help reduce lead absorption?

You can help reduce lead absorption in your body with three simple steps:

1. *Eat foods rich in iron, calcium and vitamin C.*
2. *Keep your stomach full by eating 4-6 small meals a day. Your body absorbs lead faster when your stomach is empty.*
3. *Cook and wash your food with safe water.*



Eat these foods to limit lead absorption:

IRON

Helps block lead from being absorbed.



Good sources of iron include:

- Red meats
- Poultry
- Seafood
- Beans
- Iron-fortified cereals
- Dark leafy greens

CALCIUM

Helps the body absorb less lead.



Good sources of calcium include:

- Low-fat milk and milk products, including cheese and yogurt
- Broccoli
- Dark leafy greens
- Calcium-fortified orange juice
- Canned fish

VITAMIN C

Helps absorb iron.



Good sources of vitamin C include:

- Citrus fruits (oranges, grapefruit)
- Berries
- Broccoli
- Dark leafy greens
- Bell peppers
- Tomatoes

Need more information?

LEAD RESOURCES

U.S. Environmental Protection Agency
www.epa.gov/lead

Indiana State Department of Health
www.in.gov/isdh/19151.htm

Centers for Disease Control and Prevention
www.cdc.gov/nceh/lead/tips.htm or
www.cdc.gov/nceh/lead/parents.htm

U.S. Department of Agriculture
wicworks.fns.usda.gov/topics-z/lead-poisoning-prevention

WHERE TO GET HELP LOCALLY

Purdue Extension-St. Joseph County Nutrition Education Program

Offers free nutrition education classes
125 S. Lafayette Blvd., 2nd floor,
South Bend, IN 46601
574.235.9604
<https://extension.purdue.edu/stjoseph/pages/default.aspx>

WIC of St. Joseph County

325 N. Lafayette Blvd.,
South Bend, IN 46616
574.234.2360
<http://www.in.gov/isdh/19691.htm>

Indiana WIC Clinics

Provides women, infants and children access to health screenings, nutrition screenings, education, counseling and referrals to other services.

FOOD ASSISTANCE IN ST. JOSEPH COUNTY

Food Bank of Northern Indiana
702 Chapin St., South Bend, IN 46601
574.232.9986
<http://www.feedindiana.org/>

Website has local map for food pantries

Family and Social Service Administration

St. Joseph County South Division of Family Resources
100 W. South St., South Bend, IN 46601
800.403.0864

Indiana Family and Social Services Administration (FSSA) / Supplemental Nutrition Assistance Program (SNAP)

Federal aid program offering food assistance to low-income residents
St. Joseph County: 800.403.0864
FSSA: 800.457.8283
<http://www.in.gov/fssa/dfr/3125.htm>

St. Joseph County Health Department

County City Building
227 W. Jefferson Blvd.
8th & 9th floors
South Bend, IN 46601
574.345.9750
<http://www.sjchd.org/>

SOURCES

Get the Lead Out: Facts About Nutrition and Lead Poisoning. IDPH. (2012). Retrieved from <http://bit.ly/2b3Ve1g>

How to Fight Lead Exposure with Nutrition. AND. (2016). Retrieved from <http://bit.ly/23SMajQ>

Fight Lead Poisoning with a Healthy Diet. EPA. (2001). Retrieved from <http://bit.ly/2bg7mNk>

Questions? Concerns?

Call the Environmental Protection Agency (EPA) hotline: **800.621.8431**



WHY IS LEAD HARMFUL?

Lead is toxic to humans. It blocks important vitamins and minerals that you need to grow and function properly. It's especially bad for pregnant women, and children 6 and under. Children absorb lead in higher amounts, which can cause learning, behavior and developmental problems.



LEAD SOURCES

- Lead-based paint and toys
- Lead-contaminated dust and soil
- Living in a home built before 1978
- Storing food in lead-glazed dishware
- Contaminated drinking water

ACKNOWLEDGEMENTS

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county Extension office.

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